MAKING THE TRANSITION

PARENT ORIENTATION 2018
PRESENTED BY THE OFFICE OF HEALTH & WELLNESS
AGENDA

• The Role of the Office of Health & Wellness
• 8 Dimensions of Wellness
• What to Expect from Your New College Student
• Prevention & Warning Signs
• Intervention Techniques
• Resources
• Questions
WHO IS IN THE OFFICE

ASSOCIATE DEAN
RAE CHRESFIELD, Ph.D.

- Counseling
- Mental Health & Wellness

ASSISTANT DEAN
MICHELLE HARRISON

- Social Work
- Public Health
WELLNESS PEERS

Wellness Peers are employees of the OHW who assist with programming on campus and in the dorms.

Their primary role is to educate students on healthy behaviors and to encourage the integration of wellness into the Mudd culture.
MISSION OF THE OHW

Our Current Mission
To support and co-educate students as they strive to find and maintain their work-life balance and provide them the resources needed to thrive as healthy ethical leaders serving society and the world.

Extended Mission
• Encourage environmental & social support in pursuit of a healthy lifestyle.
• Inspire and encourage individuals to take responsibility for their own health.
• Support a sense of health in the community.
EXPANDING OHW

What Has Historically Been Done

• Psycho-educational programming based on positive psychology
• Crisis management
• Referrals
• Support and advocacy
• Training and mentoring
• International student support

What Else We Do

• Provide diverse health and wellness programming
• Establish & Maintain relationships with mental health practitioners in the surrounding communities
• Teach students flexibility and resilience
• Provide Programs to specific Dorms & Groups
• Collaborate across campuses for additional support, ideas, and relationships.
• Trainings & Info Sessions for Faculty and Staff
• Physical
• Social
• Emotional
• Spiritual
• Environmental
• Multicultural
• Occupational
• Intellectual
SOME THINGS TO EXPECT

- Change in communication pattern
- Increased Stress
- Uncertainty
- Self Doubt
- Certainty that everyone else is doing better
- Frustration
PREVENTION & INTERVENTION

• Prevention
  – Partaking in Healthy Practices before distress
  – Developing Healthy Coping Skills
  – Learning/Exploring what helps

• Intervention
  – Getting support after distress
  – 1:1 sessions with OHW
  – 1:1 sessions with Therapists
  – Group Therapy
OHW PREVENTION

• Weekly Wellness Pop Ups
• Workshops
• Group Fitness
• Seminar Series
• Dorm Events
• Substance Free Parties with Educational Spins
• Decompression Sessions
• Wellness Loyalty Program
SOMETIMES PREVENTION IS NOT ENOUGH
WARNING SIGNS OF DISTRESS

• Difficulty concentrating
• Decrease Decision making skills
• Mood Swings
• Anxiety, Guilt, Sadness
• Overwhelming Negative Emotions

• Impulsive Behavior
• Changes in sleep, diet, energy
• Withdrawal from Others
• Recurrent physical symptoms
INTERVENTION: WHAT YOU CAN DO

• Stay connected.
• Ask questions when you appropriate.
• Familiarize yourself with resources.
• Encourage your student to use them.
• Contact DSA/OHW if something seems off.
INTERVENTION: WHAT YOU CAN DO

• If you student has a therapist at home, explore if continued care is possible.
  – Request recommendations from the therapist regarding how to manage the transition to college.

• Contact your insurance provider to locate a local therapist and/or medication prescriber.
INTERVENTION: WHAT WE CAN DO

- DSA Staff can provide individual support sessions to students.
- Monsour Counseling & Psychological services provides 8 free sessions per academic year.
- Assist in getting students connected to a local therapist.
- Proctors & Mentors check-in on students
- 24 Hour Crisis Response and Intervention
If you are concerned about a student at Harvey Mudd College, we encourage you to notify the Care Team by submitting information on this form. The Care Team is a multidisciplinary team that works to assist students in need of personal and/or academic support.

A report may be completed anonymously; however, we strongly recommend you provide your name and contact information to allow a Care Team member to contact you should they need additional information regarding the report. Your personal information will be treated as privately as possible when you submit a report.

This form is not intended for emergency reporting. If you are worried about the safety of an individual or the community, please call Campus Safety at 909-607-2000. Campus Safety can connect you with the on-call Dean or call emergency services if needed.
# The Claremont Colleges Care Guide

**Are you or someone you know in distress?**

- Yes and there are safety concerns: Call Campus Safety (909) 607-2000
- Yes and I need to speak with a counselor: Call Monsieur Counseling and Psychological Services (MCAPS) (909) 621-8202 or a Crisis Line

- Not sure, but I am concerned: Call Monsieur Counseling and Psychological Services (MCAPS) (909) 621-8202 or a Crisis Line

- No, but the person is having:
  - Personal concerns: Call the appropriate dean's of ce below or MCAPS (909) 621-8202
  - Academic concerns: Call the appropriate dean's of ce below

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## 7C Campus Resources for Students

<table>
<thead>
<tr>
<th>Resource/Department</th>
<th>Phone/Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Safety</td>
<td>(909) 607-2000</td>
</tr>
<tr>
<td>Monsieur Counseling and Psychological Services</td>
<td>(909) 621-8202</td>
</tr>
<tr>
<td>Student Health Center</td>
<td>(909) 621-2225</td>
</tr>
<tr>
<td>The Empower Center</td>
<td>(909) 607-3630</td>
</tr>
<tr>
<td>Queer Resource Center</td>
<td>(909) 621-2297</td>
</tr>
<tr>
<td>International Place</td>
<td>(909) 607-4771</td>
</tr>
<tr>
<td>Office of Black Student Affairs</td>
<td>(909) 621-3669</td>
</tr>
<tr>
<td>Office of Chicano/Latino Student Affairs</td>
<td>(909) 621-3044</td>
</tr>
<tr>
<td>Office of the Chaplains</td>
<td>(909) 621-3685</td>
</tr>
<tr>
<td>Health Education Outreach</td>
<td>(909) 607-3602</td>
</tr>
<tr>
<td>Student Disability Resource Center</td>
<td>(909) 607-7419</td>
</tr>
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## 7C Campus Resources for Faculty/Staff

<table>
<thead>
<tr>
<th>Resource/Department</th>
<th>Phone/Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employee Assistance Program</td>
<td>(800) 234-5485</td>
</tr>
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## Crisis Lines

<table>
<thead>
<tr>
<th>Hotline Name</th>
<th>Phone/Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monsieur Counseling and Psychological Services 24/7 crisis line</td>
<td>(909) 621-8202</td>
</tr>
<tr>
<td>National Suicide Prevention Hotline</td>
<td>(800) 273-8255</td>
</tr>
<tr>
<td>Project Siser</td>
<td>(909) 626-4357</td>
</tr>
<tr>
<td>The Trevor Lifeline (LGBTQ+)</td>
<td>(866) 488-7386</td>
</tr>
<tr>
<td>Crisis Text line</td>
<td>Text HELLO to 741741</td>
</tr>
<tr>
<td>Students of Color crisis text line</td>
<td>Text STEVE to 741741</td>
</tr>
</tbody>
</table>

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## Claremont Colleges

- **Claremont Graduate University**
  - (909) 621-8965 Dean of Students
  - (909) 607-3318 Provost's Office
  - (909) 621-3965 Title IX

- **Claremont McKenna College**
  - (909) 621-114 Dean of Students
  - (909) 621-817 Dean of Faculty
  - (909) 607-3311 Title IX

- **Keck Graduate Institute**
  - (909) 607-750 Dean of Students
  - (909) 607-7865 Life Sciences
  - (909) 607-0320 Pharmacy
  - (909) 607-9649 Title IX

- **Harvey Mudd College**
  - (909) 621-225 Dean of Students
  - (909) 621-822 Dean of Faculty
  - (909) 607-348 Title IX

- **Pitzer College**
  - (909) 621-2341 Dean of Students
  - (909) 621-817 Dean of Faculty
  - (909) 607-2958 Title IX

- **Pomona College**
  - (909) 621-8077 Dean of Students
  - (909) 621-837 Dean of Faculty
  - (909) 621-877 Title IX

- **Scripps College**
  - (909) 621-2777 Dean of Students
  - (909) 607-2822 Dean of Faculty
  - (909) 607-7412 Title IX
CARE TEAM
STUDENT SUPPORT NETWORK

- Asian American Resource Center
- Queer Resource Center
- Office of Title IX
- Campus Safety
- Muchachos
- Health Education Outreach
- Student Health Services
- Monsour Counseling & Psychological Services
- Office of the Chaplains
- Wellness Peers
- Black Student Affairs
- Student Disability Resources
- Peer Academic Liaisons
- Academic Affairs
- International Place
- Social Justice League
- EmPOWER Center
- Chicano/Latino Student Affairs
- Proctors & Mentors